



EAT FRUITS & VEGETABLES AND BE ACTIVE

The California 5 a Day Campaign
is administered in part by the
Public Health Institute. It is led by the
California Department of Health Services
in cooperation with the
National 5 A Day Partnership.

For more information, visit us at:

www.ca5aday.com

1-888-EAT-FIVE



Arnold Schwarzenegger, Governor
State of California

Kimberly Belshé, Secretary
California Health and Human
Services Agency

Sandra Shewry, Director
Department of Health Services

Funding provided by the
Preventive Health and Health Services Block
Grant of the Centers for Disease Control
and Prevention (CDC) and the USDA
Food Stamp Program. For information about
Food Stamps, please call 1-800-952-5253.

The contents of this publication are solely
the responsibility of the authors and do not
necessarily represent the official views of CDC.



Copyright © 2005 Public Health Institute
BRO-120/Rev. 7/05

Energize Your Workday

Choose Fruits and Vegetables



EAT FRUITS & VEGETABLES
AND BE ACTIVE

California Department of
Health Services

½ cup
of fruit



¼ cup of
dried fruit



1 cup of raw,
leafy greens



½ cup of
vegetables



1 cup of fruit



A Handy Guide to Help You Get the Recommended Amount of Fruits and Vegetables

½ cup of vegetables



½ cup of fruit
in 100% fruit juice



½ cup of
vegetables



Healthy Tips to Eat More Fruits and Vegetables During Your Workday!

Eating 3½ to 6½ cups* of colorful fruits and vegetables every day can help you avoid serious health problems, such as cancer, type 2 diabetes, heart disease, stroke, and obesity. Eating healthy can also help you now – by giving you the energy it takes to do all you have to do each day.

Getting your recommended amount of fruits and vegetables can be easy. Here are a few simple ways to enjoy fruits and vegetables during your active workday.

Pack Healthy Lunches

Having fruits and vegetables as part of your usual mid-day meals can add great flavor and color to your daily diet. Here are a few simple options:

- Sandwiches with extra lettuce and tomato
- Leftover vegetables with lemon juice
- Pieces of fruit
- Sliced vegetables
- Salads with lowfat dressing
- Vegetable soups or stews
- Salsa with corn tortillas

Select Healthy Choices When They are Available

Cafeterias and catering trucks nearly always have at least some fruits and vegetables. Be sure to choose them whenever they are available, including:

- Raw vegetables
- Sandwiches with avocado, lettuce, tomato, and onion
- Fresh fruits
- Raisins and other dried fruits
- Vegetable salads
- 100 percent fruit or vegetable juice

Enjoy Healthy Snacks

Eating a mid-morning or mid-afternoon snack is a perfect chance to catch up on your fruit and vegetable intake, especially if healthy choices are rare at your worksite. These options are easy to bring along with you:

- Ready-to-eat dried fruits, such as dried apricots
- Crisp, fresh vegetables, such as baby carrots
- Refreshing 100 percent fruit or vegetable juice

If You Don't Have Enough Fruit and Vegetable Options at Work

The foods that are offered at your workplace are driven by your requests. Your employer may not know that fruits and vegetables – and staying healthy – are important to you. Ask your employer to offer fruits and vegetables in vending machines and to have more fruit and vegetable items in the cafeteria. Also, bring fruits and vegetables to meetings and company potlucks. Your requests can help make your workplace better for you and your coworkers.

Start a Fruit and Vegetable Club

Join with your coworkers and take turns bringing healthy fruit and vegetable snacks to share at work.

More Energy Today – Better Health for a Lifetime

Extra energy and long-term health are just two of the many benefits of eating fruits and vegetables each day. For more information about the health benefits of fruits and vegetables and physical activity, call 1-888-EAT-FIVE or visit us online at www.ca5aday.com.

Fruit Salad

Makes 4 servings

Nutrition information per serving:

Calories:	59
Carbohydrate:	15 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	1 mg
Dietary Fiber:	1 g

INGREDIENTS

- ½ cup sliced banana
- ½ cup chopped apple
- ½ cup chopped nectarines
- ½ cup grapes
- ½ cup orange juice

PREPARATION

1. In a medium bowl, mix all ingredients. Serve.

Veggie and Bows Salad

Makes 4 servings

Nutrition information per serving:

Calories:	248
Carbohydrate:	37 g
Protein:	17 g
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	28 mg
Sodium:	202 mg
Dietary Fiber:	4 g

INGREDIENTS

- 3 cups bowtie pasta, cooked and drained
- 1 cup shredded carrots
- 1 cup fresh or frozen snow peas, cooked and drained
- 1 cup diced cooked chicken breast
- ½ cup rice vinegar
- 1 teaspoon sugar
- ½ teaspoon soy sauce
- ½ teaspoon bottled hot sauce

PREPARATION

1. Mix together pasta, carrots, snow peas, and chicken.
2. In a small bowl, combine remaining ingredients and mix well.*
3. Add to pasta mixture and toss.

* One-third cup bottled lowfat vinaigrette dressing may be substituted.

*To find out exactly how many cups of fruits and vegetables you need every day for good health, go to www.mypyramid.gov.